

**Abstract of the Disclosure**

- 5 In a production of liquid food product from protein containing solid food, some enzymes may produce undesirable off-flavor volatiles. Grinding solid food in a liquid under pressure achieves inactivation of enzymes over a wider window of operating temperature than possible in ambient pressure. It also permits proper cooking operation to be performed simultaneously with the grinding. A grinder  
10 operated under pressure eliminates certain components and allows the use of some low cost components, such as for making soymilk from soybeans.